The first time around

First Headache Note

To:

Kurt N Ransohoff, MD

From:

Misa M Kelly

Sent:

1/14/2013 9:22 PM PST

Thanks so much for setting my heart and mind at ease today. I managed the cognitive stuff at work fine today without a blooper and co- workers seemed empathetic. The headache is still there. I tried excedrin and aspirin but it didn't help. It was so painful at work for a moment I thought I was going to puke. **I connected with my cousin in Hawaii about family medical problems and learned my uncle Henry died of an aneurism.** I am sure this is nothing more than some weird psychosomatic thing.

OMG - why didn't I do my research then? Why didn't Kurt order and MRa then? Why did he order an MRI and he and the neurologist assume it was the cervical spine when my cervical spine hadn't changed in 7 years? Why didn't I, for that matter, leave out the self-defeating comment about it being psycho-somatic. Why didn't I listen to my body? I wasn't very connected to it at that time in my life in terms of listening to pain signals, and slowing down and taking care, I just plowed ahead in life.

Is it really because some male Dr.'s treat women differently than men. When my spouse was having health issues the Gp indicates any test you need. Next season when I go in self-educated and suggest what I think would be helpful to rule out, we had to argue about it. For one blood panel, he didn't think it was necessary. I told him I would order them myself out of pocket. He got extremely angry - but then decided to order them. The other tests ordered, he complained about how expensive the tests were going to be.

I looked up when my Uncle Henry died - he was 59, I am 57. Also aneurysms on my mother's side - which I didn't find out until recently. My brother said my grandfather had two strokes, with cognitive issues, from which he recovered, and they were due to an aneurysm.

Taking 100% responsibility. I should have done my research. I should have been a bitch and stood up to my GP and requested more careful screening. I was at that time still afraid of Dr.'s and I guess perhaps the fear of Dr.'s drew a Dr. that might not be the best match. I hadn't worked through that yet. The next year I opened up. When I went in armed with information, I told him about my fear of Dr.'s and why, and told him I thought, that because of this, it got in the way of me being open and up front about what is going on in my body. I didn't trust Dr.'s to take good care of me.

Well, in hindsight, this probably manifest a Dr. that, now I reflect on it, wasn't a very good diagnostician.

The truth of the matter is, he wasn't the best match for me.

Actually, if I had before hand seen he had had an active life in academia, I never would have had him as a GP. I did only because my spouse told me he was a good Dr. (his Dr.)

I worked as an Ombuds at an academic institution and found the culture to be highly dysfunctional, and it takes a certain type of person to thrive in that environment.

That type of person would be like mixing oil and water in terms of a patient/dr. mix.

Makes sense now!

Other notes related to the 1st headache

Misa M Kelly

1/8/2013 11:58 AM PST

Forgot to mention at my annual check up something I am a bit concerned about with regard to cognitive changes that is interfering with my work abilities. I have noticed an increase in Aphasia - where I think one thing and say another. Even when I am focusing hard on saying the right thing. For instance I will be looking at a line lit up to transfer a call and be thinking to say the person is on line one and will say line 7. Or - I might repeat back an entirely different name back to someone.

Kurt N Ransohoff, MD

Misa M Kelly

1/11/2012 10:19 PM PST

o.k. - will do - if they didn't comment do you think that translates into nothing broken? Thanks for everything Kurt! Feeling a bit better. Cut back on pain killers a bit today. Pleasant dreams...

----- Message -----

From: Kurt N Ransohoff, MD

Sent: 01/11/2012 9:22 PM

Sent: 01/11/2012 9:32 PM

To: Misa M Kelly

Subject: CT

Hi,

It was normal.

Brain ok. They did not comment on there being any broken bones.

Let me know how things go.

Kurt

Hmmm... MRI is a usual way of screen aneurysms.

Kurt N Ransohoff, MD

Misa M Kelly

1/15/2013 12:05 PM PST

Woke up at 3 am headache out of control tried some positive visualization a friend suggested. Feeling MUCH better today. Headache only at a 2. Staying positive and making sure I get good doses of laughter and working on emotional, soulful, and spiritual issues. I think sometimes imbalances on these dimensions can wreck havoc. pain i am finding is a good teacher. Forces you to slow down and listen - adjust. Have some body work scheduled for tomorrow - that will be positive. Gratitude! M.

----- Message -----

From: Kurt N Ransohoff, MD

Sent: 1/15/2013 11:18 AM PST

To: Misa M Kelly

Subject: RE: Non-Urgent Medical Question

Hi,

You may be right, but the MRI will help with that!

Kurt

----- Message -----

From: KELLY,MISA M

Sent: 1/14/2013 9:22 PM PST

To: Kurt N Ransohoff, MD

Subject: Non-Urgent Medical Question

Thanks so much for setting my heart and mind at ease today. I managed the cognitive stuff at work fine today without a blooper and co- workers seemed empathetic. The headache is still there. I tried excedrin and aspirin but it didn't help. It was so painful at work for a moment I thought I was going to puke. I connected with my cousin in Hawaii about family medical problems and learned my uncle Henry died of an aneurism. I am sure this is nothing more than some weird psychosomatic thing.

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